



Mental Health Awareness Week

10-16 May 2021

Mental health problems can affect anyone at any time. Mental Health Awareness week gives people the opportunity to talk about all aspects of mental health and inspire action to promote the message of good mental health for all.

The theme of this year's campaign is nature. Nature is central to our psychological and emotional health and it's something a lot of us have turned to during these uncertain times.

According to the Mental Health Foundation, walks have been one of our top coping strategies during the long months of the pandemic. 45% of people reported that being in green spaces has been vital for their mental health.

The charity Mind suggests spending time in a green space can benefit both your mental and physical wellbeing, and carrying out activities such as growing foods or flowers or exercising outdoors can have lots of positive effects such as:

- ❖ Improving your mood
- ❖ Reducing feelings of stress or anger
- ❖ Helps you feel more relaxed
- ❖ Improves your physical health
- ❖ Improves your confidence and self-esteem
- ❖ Helps you to be more active
- ❖ Helps you make new connections.

5 ways to spend more time outdoors

- Spend your lunch break outside – take a lunchtime walk
- Take your workout out of the gym
- Do a little landscaping
- Work outdoors
- Host outdoor social gatherings once Covid-19 guidelines allow.



Taking time to step back, slow down and spend time in nature is important, in whatever way works for you!

For further information on how nature can benefit your mental health, go to:

<https://www.mind.org.uk/information-support/tips-for-everyday-living/nature-and-mental-health/how-nature-benefits-mental-health/>

For practical tips on how to look after your mental health, go to:

<https://www.mentalhealth.org.uk/your-mental-health/looking-after-your-mental-health>